

## Internet Safety

### 3 Spyware

This is a computer program that gathers your information without your knowledge or permission. Spyware can make your computer work badly (slow browsing, program crashes, etc.).

#### How spyware works:

- People usually get spyware from file-sharing websites or programs, or free applications like Gator, Kazaa, Hotbar and LimeWire.

#### How to reduce spyware:

- Avoid visiting any of these sites and be sure Norton Security Suite is on. It can detect and remove spyware.

# Internet Safety

## Safeguarding your family

Children use the Internet more than ever. Follow these tips to provide them with a safe online experience.

### 1 Protecting minors from inappropriate content and usage

#### How you can improve Internet safety:

- Use Parental Controls: filter out inappropriate content and track what your children do online.
- Ask your children what websites they visit and spend time at the computer with them.
- Review the history menu on your Web browser, for example, Internet Explorer and Firefox.

#### What to teach children about Internet safety:

- Encourage your children to tell you about bad experiences they may have online. Talk with them about online threats.
- Tell them they should not share personal information such as their name, address or phone number.
- Establish clear rules: what websites they can visit and how much time they can spend online each day.

### 2 Cyberbullying

Cyberbullying is when someone uses the Internet to harass or bully another person online or via email. An example might be spreading rumors about someone or sharing inappropriate images online.

## Internet Safety

### How to prevent cyberbullying:

- Talk to your children. It is important to speak with them about what is appropriate. No one deserves to be bullied.
- Tell your children not to react, but to stop, block and tell.
  - 1) Stop interacting with the bully.
  - 2) Block the bully from sending any more messages.
  - 3) Tell an adult they trust.
- Document everything. Save emails and other communication. If you decide to reach out to the authorities, you'll be able to support your case.
- Seek help. If you feel your child is in immediate danger, report the incident to law enforcement immediately. You also may contact the Comcast Assurance Security Hotline at: **1-888-565-4329**.

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## Protecting your identity

Remember: sharing information online, even with verified websites, may put you at risk. Here are some steps to protect yourself.

### 1 Use strong passwords

- Create a strong password: Use a mix of letters, symbols and numbers. The more complex your password is, the better.
- Do not use sequences (123 or abc) or personal information such as your birth date.
- Do not publicly post anything you may use as a password.
- Use a different password for each website.
- Change passwords from time to time.

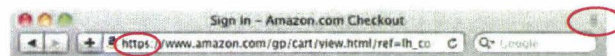
### 2 Protect your credit

- Do not email your credit card number to anyone, not even a company.
- Check your accounts for suspicious purchases.
- Ask for a free credit report: You can request one every year from each of the three credit bureaus by calling (877) 322-8228 or visiting [www.annualcreditreport.com](http://www.annualcreditreport.com).
- Place a fraud alert: If you think your information has been stolen, call the credit bureaus to request a fraud alert and possibly put a security freeze on your files.
- Download IDENTITY GUARD® at no extra charge. It helps protect your identity.

# Internet Safety

## 3 Safely browse the Internet

- Use Internet Explorer or Firefox: These Web browsers can help automatically detect possible fraudulent websites.
- Make sure you have a secure connection before you make an online purchase, pay a bill or access account information.
- Look for a secure connection; check for the lock in the status bar and “https” in the address bar.



## 4 Secure your files and information

- Home network: Be sure to protect your WiFi network with a password. If not, people can access your Internet connection.
- Secure your computer: Add a password to your computer if you allow others to use it. Create a special login for guests to use.

## Helpful Online Resources

### Get more out of the Internet

The Internet can be a very useful tool if you know where and how to find the information. There are many places online that can help you to do things such as sign up for health-care insurance or apply for a new job. Below are a few websites you may want to visit to get you started, but you should go to the Internet Essentials website for these and other helpful links.

### Your career

**Find a new job:** [www.careeronestop.org](http://www.careeronestop.org)

- A one-stop shop for career-related information. Learn how to create a resume, search for jobs and prepare for interviews.

**Get a better job:** [www.myskillsmyfuture.org](http://www.myskillsmyfuture.org)

- Look for a better job that matches your skills and understand how to get training to land a better job.

**Just lost a job?** [www.careeronestop.org/ReEmployment](http://www.careeronestop.org/ReEmployment)

- Learn what you can do to get going again, how to apply for unemployment benefits and participate in job assistance programs.

**Prefer to do this in person?** [www.servicelocator.org](http://www.servicelocator.org)

- Find workforce resources in your area.

### Your education

**Go to college:** [www.college.gov](http://www.college.gov)

- Understand the possible benefits, know what to do to apply and find ways to pay.

**See the options:** [www.collegeboard.com](http://www.collegeboard.com)

- Go to the Parents section to see the choices of colleges you or your child could choose to attend.

**Know how to pay:** [www.fastweb.com](http://www.fastweb.com)

- Find out how to pay for college through a variety of options (financial aid, loans and scholarships).

**Understand the costs:** [www.collegecost.ed.gov](http://www.collegecost.ed.gov)

- Gain a clearer picture of the costs for college.



## Helpful Online Resources

### Your money

**Manage your money:** [www.mymoney.gov](http://www.mymoney.gov)

- Find helpful financial information based on where you are in life, from the birth of a child to retirement.

**Get a credit card:** [www.federalreserve.gov/creditcard](http://www.federalreserve.gov/creditcard)

- Better understand how a credit card account works and the latest rules that protect consumers.

**Free tax help:** [www.myfreetaxes.com](http://www.myfreetaxes.com)

- Get free help with preparing and filing your taxes.

### Your health

**Find a doctor:** [doctor.webmd.com](http://doctor.webmd.com)

- Search for a variety of doctors located in your area.

**Get health services:** [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)

- Find free or low-cost health-care (medical and dental) services.

### Get live help

**Go to your local public library:** [harvester.census.gov/imls/search/index.asp](http://harvester.census.gov/imls/search/index.asp)

- Your local library has trained staff available to show you how to find information online.

### Useful websites

Learn how to get more out of the Internet.

- **Digital literacy resources:** [www.digitalliteracy.gov](http://www.digitalliteracy.gov)  
Government's official website on digital literacy.
- **The Beehive:** [www.thebeehive.org](http://www.thebeehive.org)  
Great source of information on everyday needs including money and health.
- **Tech Goes Home:** [www.techgoeshome.org](http://www.techgoeshome.org)  
Computer and Internet education program.

**Call 1-855-8-INTERNET**  
(1-855-846-8376)  
or visit **InternetEssentials.com**

